



USING TARPS AND HAMMOCKS

Safety Guide

Forest Schools

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Key Benefits

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Checklist Items

KEY BENEFITS**Practical Skills**

Provides experience with knots, shelter design, and tarp layout.

Teamwork

Encourages problem-solving and teamwork when constructing shared spaces.

Relaxation

Supports physical relaxation and emotional recovery in hammock setups.

Independence

Fosters independence in creating personal resting or hiding places.

KEY HAZARDS & CONTROL MEASURES**Falls from Hammock**

- ✓ Hammocks hung low (30cm max)
- ✓ Teach safe entry/exit
- ✓ Soft landing area below
- ✓ One person at a time

Anchor Failure

- ✓ Test branches before use
- ✓ Check ropes for wear
- ✓ Use tree protectors
- ✓ Proper knot training

Trip Hazards

- ✓ Mark guy lines clearly
- ✓ Keep setup area tidy
- ✓ Brief on rope positions
- ✓ Regular walk-throughs

Weather Exposure

- ✓ Check weather forecast
- ✓ Monitor for cold signs
- ✓ Appropriate clothing layers
- ✓ Sun protection available



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